LITEBOOK Elite™

Register your product online at www.litebook.com.

Owner's Guide

Model 2.02

LITEBOOK®

A new generation of **light therapy**™

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LITEBOOK®

Thank you for purchasing The Litebook® Elite™. Proper use and care of this product will provide you with many years of safe, effective, and trouble-free light therapy.

Please read this Owner's Guide completely before using this product and follow all usage and care instructions to ensure you receive optimum benefits from this product. Retain this guide for future reference.

GENERAL INFORMATION

The Litebook Elite is an effective tool for providing natural light. Its unique portability allows the user the freedom to continue with daily activities while enjoying additional light -- as well as the convenience and economy of a compact, efficient light.

For additional information about your Litebook Elite, visit our website www.litebook.com.

HOW THE LITEBOOK ELITE WORKS

When the Litebook Elite is directed toward the eyes, light receptors in the retina trigger a cascade of messages throughout the body. Ultimately, the brain reacts as if it's a bright sunny day in July, even if it's the middle of winter. When used every day, the Litebook Elite will improve your mood, increase your energy level and restore your sleep patterns. Most people notice results within 30 days – and often sooner.

For usage recommendations specific to your needs, see detailed instructions below, beginning on page 5.

LITEBOOK ELITE - FEATURES

Fig. 1

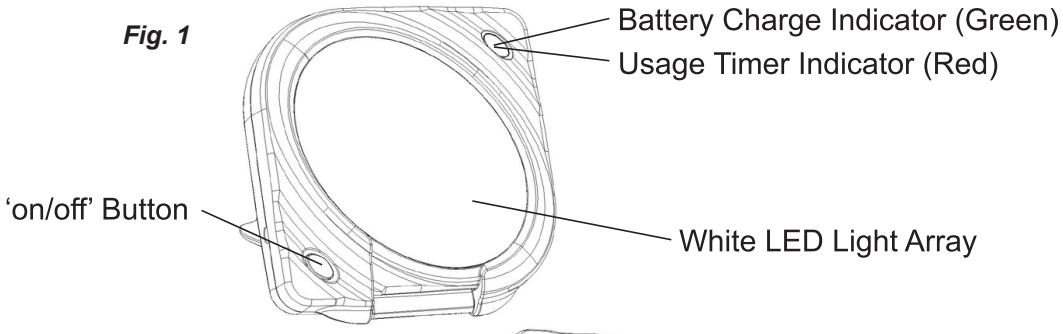
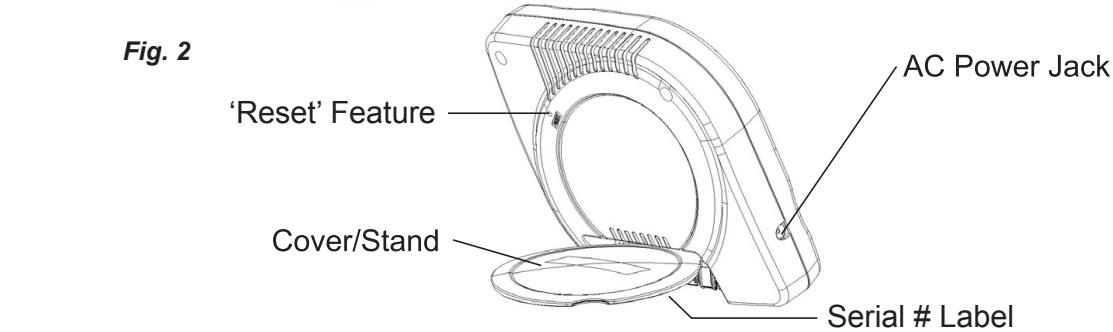


Fig. 2



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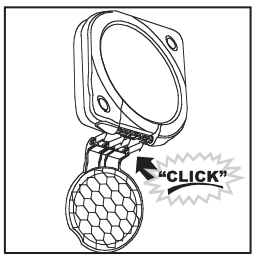
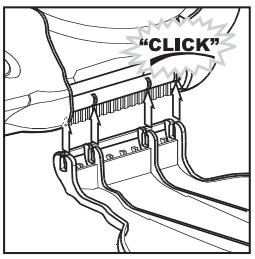
EASY SET-UP GUIDE:

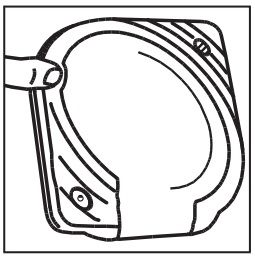
1) ATTACH COVER/STAND: (If not attached upon receipt)

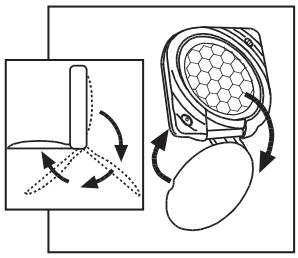
- Remove cover/stand from nylon carrying case
- Align base of cover/stand to shaft at base of your Elite. Push 'gently' until you hear a 'CLICK'. The stand is now attached.



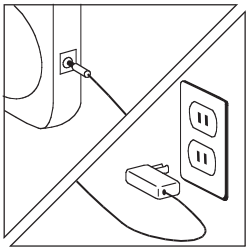


2) Pull out the cover/stand from the front of the Litebook Elite as shown.





3) **<u>BEFORE FIRST USE</u>: CHARGE BUILT-IN BATTERY:**
With Elite in upright usage position, plug the AC adapter into the Litebook and into an electrical outlet. Allow 4+ hours to fully charge built-in battery the first time. Unit is fully charged when all 4 Green battery charge indicator LED's are lit.



To learn more about the Elite adapter and international plug set see page 8.

NOTE: Plugging the unit in for the first time will automatically program the unit for a 30 minute session, which is suitable for most users and most applications. Should you wish to change the timer setting, follow the easy steps in #6 on page 4. The timer does NOT need to be programmed before each use.

4) Turn on the Litebook Elite by pressing the on/off button. (See Fig. 1 on Pg. 2)

5) Begin Usage. (See Fig. 3 on Pg. 5)

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6) CHANGING THE TIMER SETTING:

a) Press the 'on/off' button for 5 seconds and release. GREEN indicator LEDs will turn RED and FLASH. (See Fig. 1 on Pg. 2)

b) Press the 'on/off' button for 1 second and release to adjust timer settings.

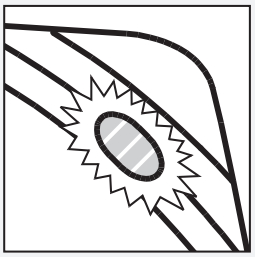
i) 1 Red bar = 15 minutes
ii) 2 Red bars = 30 minutes
iii) 3 Red bars = 45 minutes
iv) 4 Red bars = 60 minutes

c) Continue pressing and releasing 'on/off' button until desired setting is reached. Then press 'on/off' button, HOLD FOR 5 SECONDS and release. Red indicator LED's turn to green. Timer is now set at your desired setting. To change your timer setting, repeat above sequence.

d) The timer does NOT need to be programmed before each subsequent use.

ABOUT THE BATTERY:

- The Litebook Elite may be safely used while the unit is plugged in and while the battery is charging.
- A single flashing green LED indicates battery requires recharging.
- Do NOT completely run down the battery's charge.
- You cannot overcharge the battery.
- The GREEN LEDs do not correspond to the timer settings – only the battery charge.
- Fully charged the battery will provide up to 2 hours of light.
- Before storing the Litebook Elite for an extended period of time, fully charge the battery to maximize its life.



Please review your local area's environmental battery disposal policies before discarding the Elite.

RECOMMENDED USAGE – GENERAL

- Your body clock needs to be synchronized every day, so we recommend using your Litebook Elite on a **daily basis**. Because the Litebook Elite's advanced **white light emitting diode (LED)** technology emits light that is **identical to the two peak wavelengths of sunlight, 15-30 minutes a day** is enough for most people.
- The Litebook Elite should be positioned approximately **12 to 24 inches (30 to 60 cm.)** from your face and should be **offset slightly from center** to reduce glare. (See Fig. 3 on Pg. 5).
- The Litebook's light beam must be directed **at your eyes and your eyes must be open** to achieve benefit. It is NOT necessary to stare at the light, however, you may glance at it occasionally.
- **Glasses or contact lenses** do not interfere with the light beam and may be worn during treatment.

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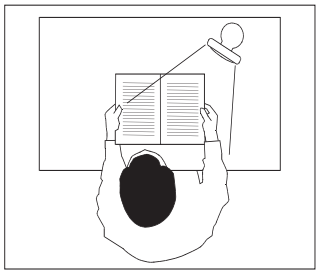
- Typically, you will recognize when you've received sufficient light therapy – most often by feelings of **heightened alertness, energy and/or mood.**

- Refer to the diagram below for proper positioning of the Litebook Elite.

Fig. 3



Additional positioning images available at www.litebook.com

RECOMMENDED USAGE – SPECIFIC APPLICATIONS

'WINTER BLUES'

- When we are exposed to bright light first thing in the morning, we feel more alert and optimistic all day long. That's why for most people, we recommend using your Litebook Elite **as early as possible upon awakening** – within the **first hour** if possible – especially during the **shorter, darker days of winter** when your body needs it most.

- **Daily use** of the Litebook Elite is strongly recommended during the fall and winter months **(September – March: Northern Hemisphere; March – September: Southern Hemisphere)**.

- Many users report continued benefits when used on a **daily basis year round.**

SENIORS

- As the body ages, the circadian clock begins to **shift back** to an earlier schedule, which is why many individuals in this age group report changes in their sleeping patterns that can affect their quality of life.

- One major factor responsible for this is the fact that most older adults do not receive adequate **exposure to sunlight**.

- **Common complaints** among this age group are daytime fatigue, sleep fragmentation, sleepiness in early evening and wakefulness in the middle of the night, interrupted sleep, and night wandering.

- Older adults typically respond to **15-30 minutes** of bright light exposure in the **early evening.** The Litebook Elite should be used as part of the normal evening routine: while **eating dinner, reading the newspaper, watching TV, etc.** This will tell your body that it is still light – and that you still want to be awake and alert – and **delay your bedtime** until later in the evening.

- For some individuals, a **second dose of bright light at midday** gives them an **extra boost of energy** to make it through the day.

- Daily use will help you sleep through the night and awaken at your preferred time.

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SLEEPY TEENS

- Teens' circadian rhythms shift from a morning preference to an evening preference around the time of puberty. Their **internal clocks are 'out of sync'** with their early morning school schedules. Research indicates that students become alert and eager to focus around noon.
- Typical usage for bright light exposure is **15-30 minutes each morning**, as early as possible upon awakening.
- The Litebook Elite should be **used on a daily basis during weekdays** for optimum benefit – weekend days may be excluded without significant negative effect.
- Usage should be part of the teen's **normal morning routine** e.g. while **eating breakfast, checking email, completing homework, applying makeup**, etc.
- The rechargeable battery-powered Litebook Elite may even be used while **commuting to school** (as passenger; never while driving).
- Daily exposure to bright light in the morning will **improve alertness and mood during the day.**
- An added benefit is the teen's **sleep pattern will adjust earlier** in the evening, enabling the teen to **get to sleep at an appropriate hour** on school nights.

JET LAG

- Clinical research conducted at NASA and elsewhere demonstrates that in **only 2 days** your body clock can be reset to your new time zone with **properly timed exposure to sufficiently bright light in specific wavelengths.**
- With proper use of The Litebook Elite, your **energy, mood, concentration, and sleep patterns** can all be **reset to your new time zone** in as little as **60 minutes** on the day of travel.
- Our **online Jet Lag Calculator** (www.litebook.com - follow link to 'Jet Lag') features **171 cities around the world** and enables you to determine your specific usage times to alleviate jet lag.
- Simply enter your **normal waking time** (e.g. 7 a.m.), **Departure City** and **Arrival City**, and the Calculator determines a **personalized schedule for your trip,** providing you with a window of time to **Seek Light** and another window of time to **Avoid Light.** All indicated times are destination times.
- Your Litebook Elite's set of four international adapter plugs enables use of the product world-wide.
- Additional information on how to enhance the benefits of the Litebook Elite for jet lag - including the importance of avoiding light at specific times - can be found on our website.

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SHIFT-WORK

- With proper use of The Litebook Elite, shift workers and people who work irregular hours can feel more alert, energetic, and, in turn, notice an improvement in on-the-job performance.

- Use The Litebook Elite at the "**start" of your day, whatever hour that may be,** and again **part way into your shift** if you feel the need for an **energy boost.**

- **Do not** use The Litebook Elite, or get exposure to bright sunlight, **at the end of your shift** if that is your normal sleep time for that work cycle. The bright light will confuse your body into thinking it should be alert, when in fact you want to be gearing down for sleep.

- On your way home from your shift, wear The Litebook® **light-blocking glasses, or other dark, wrap-around style sunglasses,** to shield your eyes from sunlight, and avoid light once inside your home. This will signal your body that it is the **end of your day** and time to sleep.

FATIGUE MANAGEMENT

- If you are feeling fatigued, you may experience:
    - Eyes go out of focus or close for a moment
    - Slowed, slurred speech
    - Blurred vision or seeing mirages ahead
    - Wandering and disconnected thoughts
    - Headaches or stomach aches
    - Drowsiness
    - Inattention to minor but potentially important details
    - Degraded mental abilities (including memory, decision-making, and perception)
    - Increased distractibility and irritability
    - Reluctance to initiate tasks and take command
    - Reduced sense of humor

- Bright light exposure helps regulate sleep patterns by helping the body clock send signals to the rest of the body that morning has arrived. While light exposure can never replace sleep, it may produce a similar energy-boosting effect as drinking a cup of coffee, without the side effects of dehydration and possibly caffeine addiction. Bright light exposure shouldn't be used to replace sleep or to promote sleep deprivation, as nothing can replace a deep, restful sleep.

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LITEBOOK®

IMPORTANT

- USE ONLY AS DIRECTED.
- The Litebook Elite emits an intense beam of white light. DO NOT STARE DIRECTLY AT THE LIGHT SOURCE. It is NOT harmful to glance at the light occasionally for a few seconds at a time.
- We encourage use of the Litebook Elite while engaged in other activities, such as reading, eating, applying makeup or working at a computer or desk. However, take care that the Litebook Elite is NOT brought in contact with water or heat-producing appliances, as they may damage the Litebook Elite and may pose possible fire hazards.
- If you have a history of eye disease including, but not limited to, macular degeneration, have undergone laser corrective eye surgery in the past 30 days, or if you are currently taking any medications including certain antibiotics which render you photo-sensitive (extremely sensitive to light), consult with your ophthalmologist or health care provider before using this product.
- Consult a medical professional before using The Litebook if you have been diagnosed with Seasonal Affective Disorder, depression, Bipolar Disorder, mood or sleep disorders or if you are taking medication for the treatment of depression and/or mood disorders (including but not limited to: fluoxetine (Prozac®), fluvoxamine (Luvox®), paroxetine (Paxil®), sertraline (Zoloft®), venlafaxine (Effexor®), nefazodone (Serzone®), Wellbutrin® and Zyban®. Light therapy may change the effect of these kinds of medications.
- Occasionally mild side effects may occur which usually resolve after a few days of use, including headaches or a 'stinging' sensation in the eyes. If these, or any other adverse effects not listed, do not resolve after three days, discontinue use of the Litebook Elite and consult your health care provider. On very rare occasions and usually only with over-use, less than 1% of users may experience mania (periods of abnormally and persistently elevated, expansive or irritated mood). If this occurs, discontinue using the Litebook Elite immediately.
- Use this product only with the power supply provided.
- This product has NO user-serviceable parts. Do not attempt to replace the internal battery. If battery fails, contact The Litebook Company – contact details below.
- Do not use the Litebook at temperatures exceeding 30 degrees Celsius/86 degrees Fahrenheit or below 0 degrees Celsius/32 degrees Fahrenheit.

If you experience any trouble using your Elite, follow the instructions in the Troubleshooting Guide on page 9. If you still need help, call for technical assistance. In North America, call toll free 1-877-723-5483. For all other countries call 1-403-504-1533.

Power Adapter	• 100-240V can be used worldwide • 4 slide-on plugs included for use in North America, Europe, United Kingdom, Asia and Australia.

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TROUBLESHOOTING GUIDE

IF…	THEN…
The indicator lights are flashing RED…	Hold the on/off button down for 5 seconds and release. If the indicator lights turn GREEN the unit was in the “timer setting” mode. (The unit will NOT turn on if it is in the “timer setting” mode.)
If the indicator LEDs remain RED…	Insert a ball point pen or paper clip into the Reset hole (See Fig. 2 on Pg. 2) on the back of the unit and press until you hear a soft click. This will reset the internal software.
One GREEN indicator light is flashing…	The unit needs to be recharged. Plug in the unit for a minimum of 4 hours. **(The unit can be used while recharging the battery.)**
The white LED lights stay on for only a few seconds…	The unit needs to be recharged. Plug in the unit for a minimum of 4 hours. **(The unit can be used while recharging the battery.)**
Indicator LEDs alternate flashing RED and flashing GREEN…	Unit needs to be RESET. Insert a ball point pen or paper clip into the Reset hole (See Fig. 2 on Pg. 2) on the back of the unit and press until you hear a soft click. This will reset the internal software.
The unit will not operate…	Insert a ball point pen or paper clip into the Reset hole on the back of the unit and press until you hear a soft click. This will reset the internal software.
The unit still does not operate...	Ensure the adapter pins are securely attached to the adapter and the connector is firmly inserted into the power jack.
This does not correct the problem…	Contact The Litebook Company for technical support.
The unit only operates while plugged into A/C power…	Leave the unit plugged in overnight to charge the battery.
The indicator lights continue to flash GREEN but DO NOT turn solid…	Contact The Litebook Company for technical support. **You can still use the unit while the unit is plugged in.**
Post-Warranty Service	After 2 year warranty expires contact the Litebook Company by telephone or e-mail for repair options and pricing.

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LITEBOOK®

BATTERY PRECAUTIONS:
To ensure proper performance of the Litebook Elite's lithium-ION battery please read carefully before using:

Charging and Discharging

- Battery must be charged using supplied AC power adapter ONLY.
- Never use a modified or damaged charger.

THIS PRODUCT CONTAINS NO USER-SERVICEABLE PARTS. REMOVING THE BATTERY FROM THE PRODUCT WILL VOID YOUR PRODUCT WARRANTY. SEE CONDITION 1 UNDER THE WARRANTY POLICY.

CARE OF YOUR LITEBOOK ELITE:

- Do not remove battery from product.
- Do not expose Litebook Elite to fire or dispose of Elite in fire.
- Avoid excessive physical shock or vibration.
- Do not disassemble or deform the Litebook Elite.
- Do not immerse in water.
- Clean lens and product with warm water and a soft damp cloth.

EXPLANATION OF SYMBOLS ON LABEL:

Manufacturer The Litebook Company Ltd.
#6,941 South Railway St SE,
Medicine Hat, AB CANADA T1A 2W3

Year of manufacture

SN Serial Number

EC REP Authorized European Representative:
Intus Healthcare Limited
11 Wey House
15 Church Street
Weybridge Surrey
KT13 8NA
Tel: +44 0870 744 6811
www.IntusHealthcare.eu

Consult Instructions for Use

This guide provides general product information and is not intended as a substitute for medical advice. The information provided in this guide has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.

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LITEBOOK®

The Litebook Company Ltd.

TWO YEAR LIMITED WARRANTY

The Litebook Company Ltd. (“Litebook”) warrants, subject to the conditions set forth below, that should this product be defective by reason of improper workmanship or material during the specified warranty period, Litebook will repair the same effecting all necessary parts replacements, without charge for either parts or labour.

The warranty period is as follows:

1) Labour: TWO (2) Years from date of original purchase
2) Parts: TWO (2) Years from date of original purchase

Conditions

1. **Unauthorized Repair, Abuse, Etc.:** The unit must not have been previously altered, modified, repaired or serviced by anyone other than The Litebook Company Ltd. The serial number on the unit must not have been altered or removed. The unit must not have been subject to accident, misuse, abuse, or operated contrary to the instructions contained in the Owner’s Guide. Should the unit be used for commercial purposes or rental, Litebook’s standard warranty shall not apply and be voided.

2. **Proper Delivery**: Before returning the unit for repair or replacement, please contact Litebook by telephone, toll free in North America @ **1-877-723-5483** or worldwide @ **1-403-504-1533** for a return authorization number and shipping instructions. The unit must be shipped to The Litebook Company Ltd. in either its original package or similar package affording an equal degree of protection and with instructions indicating an address to which the repaired unit must be returned. Defective accessories should be returned to Litebook as a separate repair item. The repaired unit or accessory will be returned to the customer freight prepaid. Service inquiries should be directed to the previously mentioned telephone numbers.

   Prior to a replacement unit being shipped a credit card number will be required to ensure defective products are returned to The Litebook Company Ltd. If the defective product is not returned within 2 weeks of delivery of the replacement, your credit card will be charged for the cost of the replacement unit.

3. **Proof of Date of Purchase**: This warranty applies to the product from the original date of purchase. Therefore, the owner must furnish proof of original purchase with either invoice or receipt.

RETURNS: All Litebook products returned under the 60 day money back guarantee **must be returned to the original place of purchase. Please consult the return policies from the original place of purchase as well as the return policies detailed at www.litebook.com. ALL** components (AC power adapter, carrying case & cover/stand) must be included in order to receive a full refund, less any applicable shipping and handling. Before returning a Litebook that was purchased directly from The Litebook Company Ltd., please contact The Litebook Company Ltd. toll free in NA, 1-877-723-5483, or worldwide at 1-403-504-1533 for a Return Authorization Number and proper shipping instructions. Any charges incurred by The Litebook Company Ltd. due to improper shipping labels or not following instructions will be charged back to the customer.

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Worldwide: +1-403-504-1533

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